

COURSE SCHEDULE

() Chapters from textbook

Classroom – Monday, Wednesday,

Labs - Friday

Jan. 5 Introduction, Course Outline

Jan. 10 Wellness (1)

Jan. 12 Wellness and fitness (1)

Jan. 17 Energy systems

Jan. 19 Energy systems

Jan. 24 Cardiorespiratory exercise (6)

Jan. 26 " (7)

Jan. 31 Strength training (8)

Feb. 2 " (8)

Feb. 7 Flexibility(9)

Feb. 9 Posture, back care

Feb. 14 Cardiovascular disease (12)

Feb. 16 Test No. 1

Feb. 28 AIDS (15)

Mar. 1 CCAA VB – no class

Mar. 6 Stress Management (11)

Mar. 8 " (11)

Mar. 13 Nutrition (3)

Mar. 15 " (3)

Mar. 20 Body Composition (4), Eating Disorders

Mar. 22 Weight Management (5)

Mar. 27 Exercise cautions

Mar. 29 Fraud and quackery (16)

Apr. 3 Cancer (13)

Apr. 5 Smoking (14)

Apr. 10 Wrap-up and review

Apr. 12 Test No. 2

2A

Interval Training

Blood Pressure

Fitness Assessment

9B, 9C, Posture pictures

Progressive Relaxation

CCAA VB – no lab

Autogenic Training
11A, 11B, 11C, 11E

Nutritional Analysis

4B, 5B

Grocery Store Tour

Fitness re-assessment
13A, 13B, 15A, 15C